

Sports Bulletin
Term 1
Week Beginning 16 October 2023

	Before School 7:00am - 8:00am	After School 3:45pm - 5:00pm	Fixtures (click here for live details)
Monday	Volleyball: U16 Boys training	Football: U7 3.30pm - 4.30pm Netball: U7 3.30pm - 4.30pm Volleyball: U20 Girls training (tbc)	
Tuesday	Basketball: U20 Girls training Volleyball: U16 Boys training Rugby: U12 Mixed training	Football: U9 3.30pm - 4.30pm Tennis: U11 3.30pm - 4.30pm Volleyball: U14 Boys training	Volleyball: U14 Girls v RCHK & HKIS @RCHK
Wednesday	Netball: U16 Girls training Netball: U20 Girls training Football: U14B Boys training	Netball: U9 3.30pm - 4.30pm Secondary Swimming: training	Volleyball: U20 Girls v CNDIS (a) Football: U14 Girls v CNDIS @Cherry Street Park
Thursday	Basketball: U20 Boys training Volleyball: U14 Boys & Girls training Rugby: U20 Boys training	Football: U11 Boys 3.30pm - 4.30pm Football: U11 Girls 3.30pm - 4.30pm Netball: U11 3.30pm - 4.30pm Volleyball: U20 Boys training	Volleyball: U16 Boys v RCHK (a) Rugby: U20 Boys HKSRU Tournament @King's Park
Friday	Football: U14A Boys training Volleyball: U20 ACAMIS training	Tennis: U9 3.30pm - 4.30pm Volleyball: U20 ACAMIS training Secondary Swimming: training	

Fixtures and Results - For upcoming Cobras Fixtures and Results please [visit this website](#).

Fitness and Strength & Conditioning - Please book on a weekly basis using [this link](#).

Cobra Sports Kit

All students who take part in Cobra Sports must wear the Cobra Sports Kit which can be [purchased online](#) via our [Kukri Stock Shop](#). You can also visit their store in person in [Wong Chuk Hang](#).

We stock sizes ranging from kids sizes 9-10 through to womens size 16 and adults size L. If you require a size outside this range, please contact Kukri directly for a bespoke order.

You can purchase Cobra Kit for the following sports:

Badminton - “DC Training/MultiSport T-Shirt”

Basketball - “Basketball Vest and Shorts” (numbers are pre-printed and randomly allocated)

Cricket - “Golf Team Polo” or “DC Training/MultiSport T-Shirt”

Cross Country - “Singlet”

Football - “DC Volleyball/Football Top” (numbers are pre-printed and randomly allocated)

Golf - “Golf Team Polo”

Netball - “Netball Dress”

Rugby - provided by school due to numbering system

Swimming - “Swimsuit” or “Swim Jammers”, plus “DC Training/MultiSport T-Shirt”

Tennis - “DC Training/MultiSport T-Shirt”

Touch/Tag Rugby - “DC Training/MultiSport T-Shirt”

Ultimate Frisbee - “DC Training/MultiSport T-Shirt”

Volleyball - “DC Volleyball/Football Top” (numbers are pre-printed and randomly allocated)

Shorts for all sports can be either the “MultiSport Shorts” or the DC PE shorts. (with the exception of basketball.)

Sports Programme Overview 2023-2024				
	Term One	Term Two	Term Three	
	September - December	January - March	April - June	
Primary <i>(HKPSSA)</i>	Tennis	Basketball	Aquathon	
	Football	Cross Country	Cricket	
	Netball	Tag Rugby	Swimming	
	Season One	Season Two	Season Three	Season Four
	September - October	November - January	February - April	April - June
Secondary <i>(ISSFHK and ACAMIS)</i>	U14 Football	Basketball	Badminton	U12 Football
	U16 & U20 Netball	Cross Country	U16 & U20 Football	U12 & U14 Netball
	Rugby	Golf		Touch Rugby
	Swimming	Tennis		Ultimate Frisbee
	U14, U16 & U20 Volleyball			U12 Volleyball
				Cricket